

About PREP®

PREP® stands for Prevention and Relationship Enhancement Program.

PREP® offers a fresh approach. It is basic and straightforward. The workshop and material teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include communication, expectations, problem solving, commitment, forgiveness, friendship and sensuality.

PREP® is **NOT** therapy. There are **NO** “encounter” groups or sharing of personal concerns or dry psycho-babble. There **ARE** simple insights on how to achieve a more loving, growth-filled relationship!

PREP® begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

PREP® has proven so effective that it has been featured on “20/20,” “48 Hours,” “Oprah,” and in the printed media.



PREP® IS FOR YOU IF:

- You're involved in a close relationship such as seriously dating, an engagement, or a marriage;
- You want things to be even better.

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish a healthy and fulfilling marriage. **PREP®** provides concrete strategies and tools to build a rewarding marriage.

Will we be expected to tell a bunch of strangers what our problems are?

No. This is **not** group therapy. It is an educational and practical application opportunity to learn what works in marriage (and what makes marriage work). It's not necessary to share short-falls with the group. **Your confidentiality is important and will be protected.**

Is this a religious program?

No. No particular denominational teachings are included in “Marriage Enrichment: the **PREP®** Approach.”

What does the workshop cost?

A nonrefundable registration fee of \$20. All other costs will be covered or reimbursed. People ordinarily pay \$150 for the workshop and materials in addition to there meals and lodging making the total cost of the workshop around \$300. However, thanks to special funding this workshop is provided at no cost, other than the registration fee.

PREP® increases family readiness by enriching family wellness. Plus, becoming more effective at open communications and knowing how to keep discussions from escalating into arguments benefits the workplace as well.

Register Now! To ensure your spot!

♥ For **dates and locations** of PREP® workshops

Please log onto

<https://sdguard.ngb.army.mil>

and go to the Family Readiness Program link, go to Volunteer Information, then Volunteer Training - PREP®

NEXT

♥ Complete the registration form on the reverse side of this panel and mail it to the indicated address.

♥ Please include the \$20 registration fee. Make checks payable to Family Readiness.

OR

For questions or further details

♥ Call the Family Readiness Office at 1-800-658-3930 / 605-737-6079

OR

♥ Email the Family Readiness Office at familyprogram@sd.ngb.army.mil

The workshop begins Friday evening at 6:30PM and concludes at noon on Sunday. Couples will be on Invitational Travel Orders for the workshop. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines) during the workshop. All costs will be covered or reimbursed except for the \$20 (per couple) nonrefundable registration fee. Reimbursement forms will be completed during the workshop. Once your registration is received, a confirmation letter with further details will be mailed.

Register Today!

Registration Form – To reserve your spot – Mail today to: Family Readiness Office, Bldg 520, 2823 W. Main St,
Rapid City, SD 57702-8186

Couple's Names _____
Couple's SSN #s (required for travel orders) _____
Mailing Address _____
Phone (include Area Code) _____ e-mail _____ Military Unit _____
Military Member's Status (✓ One) _____ AGR _____ Drill Status _____ Split-training _____ ADWS _____ Non military status _____ Other _____
Round-Trip mileage from home to workshop location _____ Reservation Deadline: One week prior to workshop
Enter dates and location of your choice _____ (Note: Room Reservation Deadlines are earlier.)

(For dates & location, go to <https://sdguard.ngb.army.mil> - then the Family Readiness link)
A follow up letter confirming your registration, lodging information will be mailed to you upon receipt of this registration.

Date _____

Location _____ Please include \$20 (per couple) registration fee – make checks payable to Family Readiness

Questions or additional information – Call or email the SD State Family Readiness Office at 1-800-658-3930 / 605-737-6079 or familyprogram@sd.ngb.army.mil



What You'll Learn

Enjoy the good times: More than “Don’t Worry, Be happy,” learn the secrets of keeping busy lifestyles from crowding out the fun in your relationship.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and unspoken expectations that can erode a marriage.

A weekend away: Enjoy a weekend away from everything. This workshop gives you an opportunity to learn new skills to make your relationship better and to focus on each other without interruptions from the outside world.



Best Friends Forever is what Marriage is all about!

The PREP® Approach (Prevention and Relationship Enhancement Program)

*The South Dakota National Guard Family Readiness Office and the State Chaplain's Office have teamed up to offer you a truly outstanding program known as **PREP®** (Prevention and Relationship Enhancement Program). Read on to learn more about this exciting opportunity and how to register for it!*